

What is claimed is:

1. A method for preventing or inhibiting stress or urge urinary incontinence comprising:
administering to a human a composition containing at least one isoflavone selected from the group consisting of genistein, daidzein, glycitein, biochanin A, formononetin, their naturally occurring glycosides, their naturally occurring glycoside conjugates, or mixture thereof in an amount which is effective to prevent or inhibit stress or urge urinary incontinence in said human.
2. The method of claim 1 wherein said composition is administered to said human in an amount effective to elevate the level of said isoflavone in said human, where an elevated level of said isoflavone in said human is indicated by a blood concentration of at least 50 ng/ml of said isoflavone and primary metabolites of said isoflavone.
3. The method of claim 1, wherein the isoflavone is administered in an amount of from about 2 to about 1500 milligrams per day.
4. The method of claim 1, wherein the isoflavone is administered in an amount of from about 25 to about 1000 milligrams per day.
5. The method of claim 1, wherein the isoflavone is administered in an amount of from about 50 to about 500 milligrams per day.
6. The method of claim 1, wherein said isoflavone in said composition is genistein, daidzein, or a mixture thereof.
7. The method of claim 1 wherein at least one of the isoflavones in said composition is derived from soy or clover.

8. The method of claim 1 wherein said composition is a pharmaceutical or a dietary supplement composition containing an excipient and said isoflavone.
9. The method of claim 8 wherein said pharmaceutical or dietary supplement composition is a pill or a capsule.
10. The method of claim 8 wherein said pharmaceutical or dietary supplement composition is a suspension or a solution.
11. The method of claim 10 wherein said pharmaceutical composition is capable of being administered subcutaneously.
12. The method of claim 10 wherein said pharmaceutical composition is capable of being administered transdermally.
13. The method of claim 8 wherein said pharmaceutical or dietary supplement composition is capable of being administered orally.
14. The method of claim 1 wherein said composition is a dietary composition containing a food ingredient and said isoflavone compound.
15. The method of claim 14 wherein said food ingredient is a soy protein material.